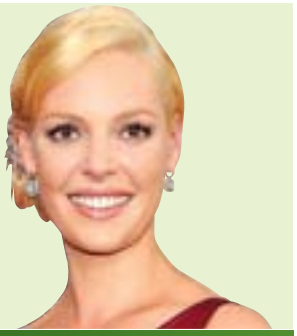
NOT GETTING EIGHT HOURS A NIGHT?
YOU MIGHT ACTUALLY BE BETTER OFF {page 16}

READY
HEIGL PREPS FOR NEW LIFE
SCENE {page 12}



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Designer told of luge track's speed

Coroner's report into luger's death found safety standards weren't good enough, but best practices were followed ◗ Luge federation urged to mandate more training runs

The record-breaking speed of the Whistler Olympic luge track was such a concern to the sport's governing body that its president wrote a letter to the track designer saying the course was not what was agreed upon, a coroner's report says.

But the luge federation wasn't worried enough to order Vancouver organizers, who received a copy of the letter, to make structural changes, according to coroner Tom Pawlowski's report.

Pawlowski concluded that speed and training decisions played roles in the horrific crash that instantly killed Georgia's Nodar Kumaritashvili on the opening day of the 2010 Winter Games.

THE CANADIAN PRESS

VSB. School closures

▶ Astrid Castaneda protests the closure of Carleton Elementary at last night's Vancouver School Board (VSB) meeting of committees 2 and 3.

STEPHANIE ORFORD/FOR METRO VANCOUVER

Parents take a stand

As the VSB narrowed to five the list of possible school closures, Castaneda joined other members of a parents' coalition last night, saying they have collected more than 6,000 signatures against the closures. Her 11-year-old son attends Carleton Elementary – one of the schools on the short list. Story, page 3.

Canada

It's all in the family

◗ Report highlights 'fluid' nature of contemporary Canadian family ◗ Study found married couples with children a minority {page 9}

Review planned after dog dragged

[redacted] practices going under the microscope {page 4}

Time to get a stew on

Get cooking with a warm-the-heart recipe {page 19}

Every project needs a plan

Secure peace of mind during Financial Planning Week {page 23}

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'Tight and bright' on Wipeout Canada

One of Vancouver's most popular street performers has earned his way onto Wipeout Canada.

On Oct. 27, Andy Rimer, better known as SpandyAndy, will be flown to Argentina to compete on the reality TV show — his second after appearing on So You Think You Can Dance Canada.

"I've always wanted to be on a show like American Gladiators … and this was exactly what I was looking for," said Rimer.

Winning Wipeout would net Rimer $50,000.

SARAH N. FITZGERALD

SPANDYANDY.COM

▶ Vancouver busker Spandy Andy.

Council set to vote on bike lane

Vancouver's city council is expected to vote today on a $3.2-million downtown bike route.

The dedicated lane, which would be separated from traffic by barriers, would connect the Burrard Street Bridge to the separated bike path on Dunsmuir and the seawall in Coal Harbour.

If approved, the lane would be completed by the end of the year.

JEFF HODSON

Canucks. Proclamation

▶ Former Canucks captains Trevor Linden and Stan Smyl, with GM Mike Gillis, hoist a Canucks flag at Vancouver City Hall yesterday.

JEFF HODSON/METRO VANCOUVER

Flag raised over Canuck Nation

Mayor Gregor Robertson proclaimed yesterday Canucks Day to celebrate the start of the franchise's 40th season. During the 2010-11 season, the Canucks will don their original jerseys for five games and will launch a 'ring of honour' to commemorate players. Longtime captain Markus Naslund will also have his number retired.

School closures list narrowed to five: VSB

◗ Some parents upset after hearing trustees announce shortlist of closures ◗ Most targeted schools in East

STEPHANIE ORFORD
VANCOUVER
@METRONEWS.CA

Parents and teachers watched in frustration last night as Vancouver School Board (VSB) superintendent Steve Cardwell revealed a list of three elementary schools and two annexes that could shut down on June 30, 2011, in the interest of saving money.

Nobody at the meeting seemed happy.

"It's not a done deal," said Alan Wong, VSB trustee and chair of the meeting. The public can still influence the final decision, he said.

The VSB will be holding public information and feedback meetings for each school between now and the beginning of December, when the final decision will be announced.

Cheryl Wenezenki-Yolland, B.C.'s comptroller general, first suggested the cuts in a report to the Minister of Education in June. The money currently spent on an estimated 8,442 empty seats can be better spent somewhere else, she said in the report.

"I call these Minister MacDiarmid's closures, because they're a direct result of underfunding," VSB trustee Mike Lombardi said during the meeting.

Find meeting dates and details at www.vsb.bc.ca/school-closures. You can email the VSB at schoolclosure@vsb.bc.ca.

Chopping block

VSB's shortlist of potential closures:

- Carleton Elementary
- Champlain Heights Annex
- McDonald Elementary
- McBride Annex
- Queen Alexandra Elementary

1 news

News on the move

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Is the road to investment heaven paved with gold? Allan Small investigates at metronews.ca/investing

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Man arrested in 'bizarre' road rage incident: Cops

A Vancouver man is facing a slew of charges after allegedly arming himself with a metal pipe and trying to take out his road rage on a truck and then on a witness, according to police.

It all started when a truck driver was rear-ended at a stoplight on 49th Avenue and was confronted by the enraged suspect, who started throwing punches, said Const. Lindsey Houghton.

"The delivery driver (tried) to put the man into a headlock ... as bystanders called 911."

According to witnesses, the suspect grabbed a metal pipe and tried to smash the windows of the delivery truck, where the victim had fled for safety.

When one bystander grabbed the pipe, the aggressor got back into his car, put it into reverse and tried to hit the witness.

Police arrested a man at a nearby parkade.

KRISTEN THOMPSON

In court

Trevor Samuel Myketiak's next court appearance is scheduled for Oct. 13.

For more local news, visit metronews.ca

TransLink to hold safety review after dog dragged

- Due to her injuries, Palm may never be able to work with the blind again
- Ferries and planes have on-board personnel; SkyTrains are automated

SARAH N. FITZGERALD
@METRONEWS.CA

TransLink is set to review its safety practices after a guide dog nearly died on the Lougheed SkyTrain platform Thursday morning.

"It's a very regrettable situation," said Ken Hardie, TransLink spokesperson.

"We're going to try to do whatever we can to prevent that sort of thing from happening again."

An internal review of SkyTrain's emergency procedures will be conducted to determine whether or not any of its safety features need to be refined.

Iris Thompson, Palm's owner, who was left in a panic as she was forced to travel to the train's next stop while worrying about her dog's condition, said she's wondering why a sudden-stop function isn't available inside the trains.

It's because SkyTrains are completely automated, said Hardie. An in-train emergency stop button wouldn't be manageable without train personnel.

He added that a review by Access Transit — an advisory committee of members from the disabled community — will also be conducted.

SARAH N. FITZGERALD/FOR METRO VANCOUVER

▶ Palm, with veterinary technician Monica Thomas

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Kids matter Teachers care

A message from BC's teachers BCTF

PROTEST

Calls for end to horse slaughter

Animal rights activists held a protest yesterday outside a downtown Vancouver butcher shop — which sells horse meat — demanding the government ban horse meat.

Emily Lavender, co-organizer of the event, said vague animal cruelty laws make way for botched shootings and allow the animals to be electrocuted, beaten or stabbed to death.

"People are shocked ... They don't even know horses are being slaughtered in Canada (for meat)," said Lavender.

"Right now, you can't get in trouble for holding a horse by its back leg and slitting its throat. There's no punishment for that."

KRISTEN THOMPSON

Tell us what you think at vancouverletters @metronews.ca

Charge in alleged groping

Police have charged a 25-year-old man with sexual assault for allegedly grabbing a woman's breast in the West End. Leroy Edward Laboucan is also being investigated in relation to two other nearby assaults, police said.

KRISTEN THOMPSON

Police use Taser on suspect

Vancouver Police used a Taser to control a man that they say tried to lunge at an officer with a knife during an unprovoked attack.

The man, Quoc Tuan Nguyen, 38, is facing charges.

KRISTEN THOMPSON

Free prostate tests needed in B.C., says MLA

- NDP's Sue Hammell drafts private member's bill calling for screenings
- 3,100 men will be diagnosed with prostate cancer in B.C. this year

JEFF HODSON/METRO VANCOUVER

▶James Pollard, left, with his stepmother, MLA Sue Hammell, in Vancouver yesterday.

JEFF HODSON
@METRONEWS.CA

The province needs a prostate-cancer screening program for all men older than 40, said an NDP MLA whose stepson is dying of the disease.

"This is a significant public issue for the men of British Columbia and their families," said Surrey Green Timbers MLA Sue Hammell, whose husband John is a prostate cancer survivor and stepson James Pollard, 47, has terminal prostate cancer.

"Early prostate cancer screening didn't save my life, but it has extended my life," said Pollard, who had no symptoms when he took the PSA (prostate specific antigen) test on April Fool's Day 2009. For healthy males under 45 years of age, the test costs $35. Pollard said the cost is a barrier that prevents men from getting the PSA test.

The B.C. Cancer Agency, however, maintains that until very recently there has been conflicting evidence as to whether PSA testing as a screen for cancer testing leads to improved mortality rates.

The agency and the province monitor research, including scientific studies underway in the U.S. and Europe.

PSA testing

- Unlike most provinces, MPS does not cover PSA testing as an outright screen in B.C.
- MPS covers patients older than 45 or for people older than 40 with a family history of prostate cancer.
- In 2009-10, MSP paid for more than 235,000 PSA tests.

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Blogger accused of spying

Syria has accused a 19-year-old blogger who is in prison of being a spy, an official said yesterday in the first comment from authorities on a case that sparked calls by a leading rights group for the young woman's release.

Tal al-Mallohi was taken into custody in December. Her blog, known for poetry and social commentary, focuses mostly on the suffering of Palestinians. It was not clear whether al-Mallohi's arrest was connected to the blog.

"She was detained on the accusation of spying for a foreign country," the Syrian official said. "Her spying led to an attack against a Syrian army officer by the agents of this foreign country."

The official did not specify for which country al-Mallohi allegedly spied.

THE ASSOCIATED PRESS

IVF developer wins Nobel Prize

Robert Edwards of Britain won the 2010 Nobel Prize in medicine yesterday for developing in vitro fertilization, a breakthrough that has helped millions of infertile couples have children but also ignited an enduring controversy with religious groups.

Edwards, an 85-year-old professor emeritus at the University of Cambridge, started working on in vitro fertilization as early as the 1950s.

He developed the technique — in which eggs are removed from a woman, fertilized outside her body and then implanted into the womb — together with British gynecologist Patrick Steptoe, who died in 1988.

THE ASSOCIATED PRESS

Let's talk about sex

BOB CHILD/THE ASSOCIATED PRESS

▶ In this 2005 file photo, student Marissa Manzi wears a condom costume at an AIDS Awareness Day rally in Hartford, Conn.

New study takes an in-depth look at the sex life of Americans

The male-female orgasm gap. The sex lives of 14-year-olds. An intriguing breakdown of condom usage rates, by age and ethnicity, with teens emerging as more safe-sex-conscious than boomers.

That's a tiny sampling of the data unveiled yesterday in what the researchers say is the largest, most comprehensive national survey of Americans' sexual behaviour since 1994.

Filling 130 pages of a special issue of the Journal of Sexual Medicine, the study offers detailed findings on how often Americans have sex, with whom, and how they respond. In all, 5,865 people, ranging in age from 14 to 94, participated in the survey.

The lead researchers, from Indiana University, said the study fills a void that has grown since the last 1994 study was published. The researchers said they were struck by the variety of ways in which the subjects engaged in sex — 41 sexual acts were tallied, encompassing vaginal and anal intercourse, oral sex, and partnered masturbation.

"Unless, like al-Qaida, you feel there's something abnormal about the American people, what these data say is, 'This is normal — everything in there is normal.'"

DR. DENNIS FORTENBERRY

Men are more likely to experience orgasm when vaginal intercourse is involved; women are more likely when they engage in variety of acts, including oral sex, said researcher Debra Herbenick, lead author of the section about women's sex lives.

THE ASSOCIATED PRESS

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One size doesn't fit all families

- Report highlights 'fluid' nature of Canadian family
- Those married with children are the minority: Study

If there were one way to pigeonhole the typical Canadian family, it would be this: There is no such entity as the typical Canadian family.

Single-parent, step-parent-blended, same-sex or common-law — the country's modern family comes in all shapes and sizes and is constantly shifting its makeup, suggests a report by the Vanier Institute of the Family released yesterday.

"Family really is quite fluid," said Katherine Scott, director of programs at the Vanier Institute and principal author of the report entitled Families Count.

The report says today's families are smaller than in the past and adults wait longer to marry, if they tie the knot legally at all.

Common-law unions are becoming far more prevalent as an alternative — not just a prelude — to a formal walk down the aisle.

The document, much of it based on 2006 census data, says the proportion of legally married Canadians has been falling over time, with about 48 per cent of adults reporting they were legally married that year.

While shifting societal attitudes have had a huge hand in colouring the portrait of Canada's families, so too have fluctuating economic realities — such as the need, in many cases, for two-income households.

THE CANADIAN PRESS

Family facts

- **Common-law unions** are the fastest-growing type of family, rising to 15.5 per cent of all families in 2006 from 5.6 per cent in 1981.
- **Two decades ago**, 81 per cent of children younger than 15 were living with parents who were legally married; by 2006 that figure had dropped to just less than 66 per cent.
- **Same-sex couples** grew by about one-third between 2001 and 2006, five times faster than the growth in opposite-sex couples.

Hungary. Sea of red

▶ Local residents are rescued yesterday by excavators in Devecser, 164 kilometres southwest of Budapest.

LAJOS NAGY/THE ASSOCIATED PRESS

Toxic sludge flooding Hungarian towns

Rescue services say the reservoir of an alumina plant in western Hungary burst, flooding several towns with red sludge. One person has died, three are missing and several dozen have been injured. The National Disaster Management Directorate says the sludge, a waste product in aluminum production, contains heavy metals and is toxic if ingested.

NATO tankers attacked

The Pakistani Taliban claimed responsibility yesterday for an attack on NATO tankers carrying fuel to Afghanistan that was left vulnerable on the side of the road after Pakistan shut down a key border crossing. THE ASSOCIATED PRESS

Message in a bottle washes up

Corey Swearingen put the bottle into the Atlantic Ocean in April 2009 and it followed the current all the way to the small fishing village of Kilbaha, Ireland, in County Clare, on the western coast.

THE ASSOCIATED PRESS

Pigs meet their end en route

Fifty frightened pigs wandered around a Toronto highway on-ramp early yesterday, as 81 others lay dead or dying after a big rig that was driving too fast overturned while en route to an abattoir.

THE CANADIAN PRESS

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DOGS AREN'T EVERYONE'S BEST FRIEND

She says ...

JESSICA NAPIER

Telling someone you're "not a dog person" is like announcing you don't like babies, or sunflowers or snickerdoodle ice cream. People look at you like you need to spend a week at re-education camp.

I know. I don't like dogs and I'm not feelin' the love. Since I've never actually had a dog, people like to inform me that I just don't get it.

Dog lovers are a cliquey bunch and I've never felt like I belong. As an outsider looking in it just seems like a strange sort of thing to become so emotionally involved with. I wouldn't tolerate a loud, messy, needy man in my life so how could I justify committing to a pet with the same character traits?

I recognize the many virtuous qualities of these domesticated beasts. They hold a very important place in our society as both service animals and loyal companions. I don't hate dogs, but I'm also not particularly interested in being around them. Dogs might be man's best friend, but they're certainly not mine.

I don't talk openly about my affliction. And for good reason.

Devoted dog people tend to assume that everyone will worship their beloved pet as much as they do.

Even when I offer many valid reasons for feeling uncomfortable around these animals (mild allergies, a distaste for dog hair on black clothes, and a little bit of genuine fear) a dog owner will inevitably form the conclusion that their precious pooch is different and special enough to sway my opinion.

Furthermore, they often believe that anything their dog decides to do is not only completely excusable, but is also incredibly endearing.

Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, "Oh, don't worry, he's very friendly," doesn't make me feel any better while I desperately fend off his unwelcome advances.

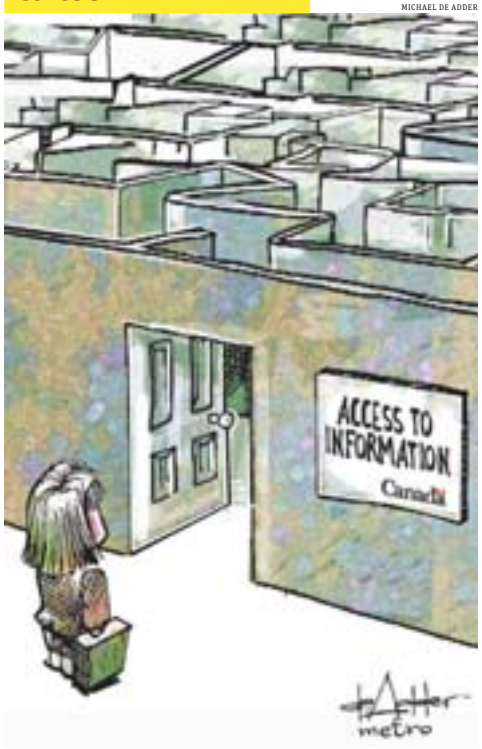
A dog that spends a minute and a half aggressively sniffing at my crotch is not friendly; it's trying to get to third base.

"Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, 'Oh, don't worry, he's very friendly,' doesn't make me feel any better while I desperately fend off his unwelcome advances."

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Making cyberspace safer

Worth mentioning

Net protection

The federal government has launched a major effort to make the Internet safer.

Canada's cyber security strategy, announced in last spring's budget, will cost $90 million over five years and $18 million in ongoing funding.

It aims to secure federal computer systems and join other governments and industry to "ensure systems vital to Canadian security, economic prosperity and quality of life are protected."

The strategy will also boost education and awareness to better help Canadians keep personal information secure when online at home and at work.

Public Safety Minister Vic Toews says cyberspace — and its accompanying threats — are constantly evolving. "It's time to take protection of Canada's cyberspace to the next level."

Under the measures announced yesterday, Ottawa is investing $3.5 million in a 24-hour-a-day Information Protection Centre to combat hackers and cyber attacks.

Natural Resources Minister Christian Paradis said the program will help defend vital systems, such as those protecting energy infrastructure, as well as help Canadians shield personal information online.

THE CANADIAN PRESS

What's the dumbest purchase you've ever made?

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Metro Minute on Granville Island

Head to Granville Island tonight for cheap, raw entertainment at the Improv Comedy Showcase.

It will get the adrenalin pumping because, as we understand it, the one-hour show can get pretty interactive. It starts at 7:30 p.m. at the Improv Centre at 1500 Duranleau St.

Tickets are $5 to $6.99. And if you want to stay longer, improv Rookie Night starts at 9.

Come to think of it, maybe it's best to first stop by the Granville Island Brewing Taproom (1441 Cartwright St.).

A smidgin of its spicy craft-brewed pumpkin ale before the show will make the night complete.

Taproom closes at 8.

STEPHANIE ORFORD

▶ Beer and laughter — the GIB Taproom and improv comedy — go together well on Granville Island.

Judge rules on long-fought suit

$455.7-million settlement to be distributed among policyholders Great West Life says it will appeal

After 12 years of fighting Great West Lifeco Inc., Bill Rudd feels vindicated that an Ontario court has awarded payouts to nearly two million Canadians to settle a class-action lawsuit over the financing of an acquisition that dipped into policyholders' funds.

"I'm 80 now, I started this when I was in my 60s," said Rudd, a small shareholder and participating policyholder in London Life Insurance Co. and the lead plaintiff in a class-action case against Great West Lifeco and its subsidiaries for violating the Insurance Companies Act.

A judge in London, Ont., ruled Friday that Great-West breached sections of the Insurance Companies Act when it transferred money from the accounts of subsidiaries London Life and Great-West Life Assurance Co. to finance the 1997 takeover of London Insurance Group.

THE CANADIAN PRESS

Retail. Reinforcements

▶ A Future Shop store in Toronto.

KEN FAUGHT/TORSTAR NEWS SERVICE

Here comes the cavalry

Future Shop says it plans to hire more than 4,000 seasonal employees across Canada for the holiday shopping season. The electronics retailer plans to beef-up its workforce by more than 40 per cent during one of the busiest times of the year.

Airline adds Asian partner

WestJet Airlines Ltd. has landed a deal that will bring Asian travellers into its network through a pact with Cathay Pacific, but an analyst said yesterday even greater potential may be found closer to home.

"If you think about Asian traffic into North America relative to other opportunities, it's probably important, but not the most critical," said David Tyerman with Cannacord Genuity.

"The most critical would likely be out of the U.S."

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2 scene

In brief

Usher and his mother have reconciled, but he still wishes she hadn't boycotted his wedding three years ago.

In an interview with Vibe magazine, the 32-year-old says he was "very disappointed" his mother decided not to witness his marriage to his former stylist, Tameka Foster. The two divorced last year.

Usher says he "wouldn't do that to my child." The singer says "parents should be able to have unconditional love for their children and their decisions, regardless of how they feel."

Usher and Foster have two-year-old and one-year-old sons. Usher's mother used to manage his career.

The October/November issue of Vibe hits newsstands Oct. 12.

THE ASSOCIATED PRESS

Die Hard director gets one year in jail for lying about Hollywood wiretapping case

SUBMITTED

▶ Melissa McCarthy as Deedee and Katherine Heigl as Holly Berenson in the romantic comedy Life As We Know It, a Warner Bros. Pictures release.

Art imitates life in Heigl's latest flick

Actress co-stars with Josh Duhamel in new romantic comedy ◐ Script hit close to home as she becomes a mom to adopted daughter Naleigh

NED EHRBAR
SCENE@METRONEWS.CA

"You guys don't mind? It's not real," Katherine Heigl says as she brings a pink metal electronic cigarette to her mouth, an LED in the tip glowing blue as she inhales, blue mist escaping as she exhales.

The device is to help kick her smoking habit. "You get your hit of nicotine but you blow out water vapor. You're not inhaling tar, there's no carcinogens. And they say nicotine is no worse for you than coffee. I mean, a few people say that, so I'm going with that."

A new mom to adopted daughter Naleigh, Heigl is keen to quit smoking, just one of the changes she's made since becoming a parent. That change in life made it easy to take on her latest project, Life As We Know It, in which Heigl and co-star Josh Duhamel are thrust into parenthood when their best friends die and leave them custody of their infant daughter.

"I related to the movie because in my own life I was getting ready to become a mom and wanting to start a family, but I didn't expect to be doing both at the same time, so it was interesting and overwhelming for sure," she says.

"I couldn't show up to set with the same kind of focus I had in the past on other projects because I was really distracted," Heigl says. "So what you see in my performance is pretty much who I was at that time and all I had. I gave it all I've got, but there wasn't a lot of craft involved at that point. It was just instinct. It was a fascinating psych experiment."

Heigl quoted

Jumping into parenthood requires some thought — but not too much.

▶ "It's one of those things you just have to dive in blind, otherwise you'd never do it. Because it is just so intense. This child is in my care, she's mine. She is my responsibility ... I think mothers look at their children like the second coming. You look at them and go, 'They're so smart, they're so beautiful.'"

DVD Releases this week Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Karate Kid misses the mark

The Karate Kid
Genre: Action
Director: Harald Zwart
Stars: Jackie Chan, Jaden Smith, Taraji P. Henson
◍½

The millennial reboot of the 1980s fist-waver puts so much more upon the slim shoulders of our teachable victim, now played by Jaden Smith, the 11-year-old son of doting Hollywood parents Will Smith and Jada Pinkett Smith.

So desperate are the Smiths to have Jaden join the family firm, they've shoe-horned him into a role requiring dramatic, comedic and romantic chops that are beyond his slim abilities.

He's woefully out of his league filling Ralph Macchio's sneakers. The film indulgently runs 2:20, at least a half hour more than it needs, while delivering less fun and inspiration than before.

Jackie Chan assumes Pat Morita's spry sage of a handyman/teacher, now called Mr. Han, and the casting here is also wrong, but from an opposite direction. The likeable Chan is too qualified for this role since everybody knows he's capable of bringing the pain when the kung-fu (not karate) begins.

Robbed of the original film's surprise reveal of the guru's skills, and the reason for the mysterious repetitive tasks he demands, we know it's just a matter of marking time — lots of it — before the fists and feet start flying.

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Littlerock (USA, 84 min.)
When a pair of Japanese siblings get stuck in the dead-end town of Littlerock, California, their very different experiences of "America" form the basis of director Mike Ott's charming coming-of-age drama. "A scruffy tale of misfits, heartbreak and small-town restlessness... gently funny and sweetly melancholic..."—San Francisco Film Festival <LITTL>

Tue. Oct 5, 6:45pm, Granville 7
Wed. Oct 6, 2:50pm, Granville 7

I Wish I Knew
(China, 138 min.)
Master director Jia Zhangke's eloquent Shanghai elegy recreates the hustle, the drama, and the music of that fabled, romantic Eastern city's glorious history. From glamorous art deco gangsters to modern-day literary idols, interviews and cityscapes bring cosmopolitan ghosts to vivid life. <IWISH>

Tue. Oct 5, 9:00pm, Granville 7
Wed. Oct 6, 11:40am, Granville 7

Revolución
(Mexico, 106 min.)
"Made to mark the centenary of the Mexican revolution, [this] surprisingly cohesive omnibus... features shorts by 10 directors [including Carlos Reygadas and Gael García Bernal] that generally augurs well for the future of Mexican filmmaking... A subversive streak throughout obliquely questions what the revolution achieved and what its legacy is today..."—*Variety* <REVOL>

Tue. Oct 5, 9:30pm, Granville 7

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Looking back on Darkness

Candid footage from the 1970s captures Bruce Stringsteen and his band at a pivotal moment

VITO AMATI/GETTY IMAGES

▶ Springsteen hopes one day his children will be interested.

Bruce Springsteen doesn't imagine his three children, ranging in age from 16 to 20, would be that interested in a new HBO documentary on his 1978 album Darkness on the Edge of Town.

Maybe they will later, since the movie is partly for them.

"Do you really want to watch your dad, watching thousands cheer your parents?" he said. "Nobody wants to see that. Watching people boo your folks, that would be something worth coming to see."

For his fans, the film The Promise: The Making of Darkness on the Edge of Town is an intriguing peek, supplemented with home video from the time, into the creative process of a music legend at a key time in his career.

The film debuts Oct. 7 at 9 p.m. ET.

Getting there was anything but easy. Springsteen wrote and discarded far more songs than he used — fans will be able to hear many of them later this fall — as he whittled the band's sound from expansive to lean and made sure the disc hung together creatively.

One night a bleary-eyed Springsteen forced poor Max Weinberg to repeatedly hit his snare drum, searching for a sound he imagined in his head but could never quite get on tape.

Sheer luck made this video document possible.

A friend at the time, Barry Reebo, frequently followed Springsteen and his gang with a video camera, back to when the rocker played small clubs. No one thought twice when Reebo hung around the studio during the Darkness sessions.

He didn't use big lights. Sometimes it seems the musicians forgot he was there.

After reforming the E Street Band a decade ago following a hiatus, Springsteen began thinking about video archives of their work, particularly for younger fans who knew nothing of their epic late 1970s performances.

THE ASSOCIATED PRESS

Releases

It's a season of Darkness for Springsteen. On Nov. 16, Columbia will release two products centred on the period.

- **New material** One is The Promise, a two-CD set of material recorded then that never made the original 10-song album. It contains 21 songs, including "Fire," which became a hit for the Pointer Sisters
- **DVD package** A more extensive package contains those two CDs, a remastered version of Darkness on the Edge of Town, and three DVDs with the HBO documentary.

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▶ Britney Spears

Britney to make a big comeback

▶ Rumoured to be working on major album ▶ Taking back control of life

Britney Spears is quietly gearing up for a major comeback, with an album in the works tentatively scheduled to be released next year, according to Radar Online.

Spears has reportedly already finished three tracks for the new album. And she's also reportedly ready to take back control of her life, looking to end the conservatorship within the next three months.

"Britney has made tremendous progress in the past three to four months. She seems to be firmly in control again," a source tells the website.

METRO

Jessica Alba afraid of nude scenes

Jessica Alba may be considered a great beauty, but she admits she's not her own biggest fan.

"Every actress out there is more beautiful than me," Alba tells British GQ.

"I've never been comfortable showing my body off. I'll never do a nude scene."

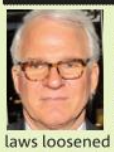
METRO

Celebrity tweets

Kirstie Alley [@KirstieAlley] Boo!

Ben Stiller [@RedHourBen] Excited for the Knicks this year! It's been too long.

Amy Winehouse [@Amyjademermaid] Ronson, you're dead to me; one album I write an you take half the credit — make a career out of it? Don't think so.



Steve Martin [@SteveMartinToGo] Marijuana laws loosened in California. Tour bus suddenly smells like old socks.

METRO

Talking points

Ready to go public?

LOVE AT FIRST SIGHT. Middle Jonas Brother Joe Jonas is reportedly "head-over-heels" for Twilight star Ashley Greene, according to People magazine. According to a source, he thinks she is down-to-earth, absolutely beautiful and he hasn't been this into a girl in a long time.

While the pair have allegedly been dating quietly for the past two months, they've been spotted out lately on a date at Disneyland and holding hands while shopping at a pharmacy, suggesting they're ready to go public. A rep for Jonas had no comment.

METRO

No date nights for Moore

MARRIAGE REALITY. Julianne Moore admits that she and longtime husband, film producer Bart Freundlich, find making time to have a weekly date night "kind of impossible" because of their hectic schedules she says.

"I admire people who manage that," she says. "We try to get out when we can. We're like any other couple. It's always difficult."

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3 life

Healthy bites

Curves
We're envying the natural curves flaunted by actress Christina Hendricks (pictured). We cheer this shift from the skinny to sexy.

Detoxing
Summer's over and we have developed a taste for lunchtime drinking. Now we are faced with a health and reality check.

Prostate cancer patients on hormone therapy should be aware of fracture risk: Doc

ISTOCK PHOTO

▶ The researchers found that the best survival rate was in women who slept between 5 and 6.5 hours a night.

Less sleep can help extend life

New study shows getting five hours of sleep is associated with longer life span ◐ Flies in the face of traditional belief you need eight hours

CELIA MILNE
LIFE@METRONEWS.CA

Only sleeping five hours a night? You may live longer than your friends.

A study done at the University of California, San Diego has found that sleeping between five and six-and-a-half hours a night is associated with the greatest longevity, at least in women over 50.

This may be great news for women who aren't getting as much sleep as they used to, and are worried about it.

A team of scientists did a two-part study. The first stage took place between 1995 and 1999. They monitored the sleeping habits of 459 women between the ages of 50 and 81 living in California.

Then, 14 years later, the scientists returned to study the same group and found details on 444 women. Of those, 86 had died.

The researchers were surprised to find that the best survival was in women who slept between five and 6.5 hours a night. Women who slept less than five hours a night or more than 6.5 hours were less likely to be alive at the end of the 14 years.

"This means that women who sleep as little as five to six-and-a-half hours have nothing to worry about since that amount of sleep is evidently consistent with excellent survival," reported lead author Dr. Daniel Kripke, professor emeritus of psychiatry at UC San Diego school of medicine.

The study was published online in the journal Sleep Medicine.

3.3M

If you've got sleep issues, you're certainly not alone. An estimated 3.3 million Canadians over age 15 have problems getting enough sleep.

Shift workers

Don't work nine to five? Feeling sleepy? About 25 per cent of workers in Canada do some kind of shift work, and this obviously affects sleep and health. Studies show people who work shifts are at higher risk for cardiovascular diseases, and this may be related to sleep disturbances. Here are some tips from the National Sleep Foundation to deal with shift work sleep problems:

- Avoid long commutes.
- Avoid working overtime.
- Take short naps during the shift if there is down time.
- Interact with others to keep you alert when necessary.
- Try to be physically active on a regular basis.
- Do the most boring tasks near the beginning of your shift.
- If you are working nights, you'll probably be most tired around 4-5 a.m.
- It's OK to drink caffeine near the beginning of your shift.

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Grunting players have advantage

Research shows tennis players who scream and shout during their matches tend to get better results

AL BELLO/GETTY IMAGES

▶ Former Wimbledon singles champ Maria Sharapova has been known for her grunting.

Tennis fans have likely grown accustomed to some of the game's top players unleashing loud grunts along with their blistering backhands and forehand volleys.

New research suggests these emphatic outbursts may be having more of an impact on the game than just cranking up the decibel level on the court.

A study co-authored by University of British Columbia and University of Hawaii researchers suggests grunts may provide players with a leg up on their competition.

Assistant psychology professor Scott Sinnett at the University of Hawaii at Manoa and UBC psychology professor Alan Kingstone looked at the effects of noise on shot perception during a tennis match.

The researchers enlisted 33 UBC undergrads, none of whom had more than recreational tennis experience and who reported normal hearing and normal or corrected-to-normal vision.

The participants sat about 60 centimetres from a computer screen in a dimly lit and sound-attenuated testing room to look at videos Sinnett had shot of his friend, a former semi-professional tennis player, hitting a ball to either side of a tennis court.

Half of the clips were accompanied with a brief 60-decibel sound overlapping when contact was made with the ball, volume equivalent to a conversation at a three-foot distance.

But rather than using actual grunts, researchers created what Sinnett describes as "white noise" comparable to a "shushing sound."

Sinnett said the fact that the sound level used in the experiment was quieter than real grunts and effects are still seen is "kind of telling in itself." "If we had a much louder sound, it might actually lead to more profound effects."

THE ASSOCIATED PRESS

100

Former Wimbledon singles champ Maria Sharapova has been known to belt out grunts topping 100 decibels.Other players have called the act so distracting that they consider it cheating.

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Celebrity fitness trainer Ramona Braganza's tips on bringing your body up to speed.

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1 **Don't skip breakfast if you want to kick-start your metabolism first thing in the morning.** The best breakfasts are ones that combine protein and complex carbs in one meal, such as an egg omelet with vegetables or oatmeal and yogurt.

2 **Eat small meals and snacks throughout the day.** This will keep your body fueled and burning. My rule is three meals, two snacks and a minimum of one liter of water a day.

3 **Drink water all day long to stay hydrated.** This will ensure that all systems such as digestion and metabolism are functioning at optimum levels.

4 **Increase metabolism by including intervals during your session.** This will push the body and you will get better results.

5 **Include weight training in your workouts.** Building muscle will increase your metabolism because sustaining muscle tissue requires more energy from the body. You will be burning calories just to keep up, even when you are sleeping

For more tips check out ramonabraganza.com

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Don't forget the perfect wine for this Thanksgiving

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Any holiday that ends with a good meal is OK in my book; especially when wine is at the heart of the celebration.

Thanksgiving is arguably the ultimate in family food fests because it shines the spotlight on things we already have rather than an orgy of gift giving, which means whatever's on the table can really shine.

Though my wife keeps reminding me that I used to be a good cook back in my swinging bachelor days, she's really the master chef of the Rockwell mansion.

We keep things pretty traditional come Thanksgiving, so turkey is the star of our show.

With its well-rounded strawberry- meets-cherry fruit and typically smooth silky flavours pinot noir is our go-to red grape. The Lindemans 2008 Bin 99 Pinot Noir ($12.00 - $12.99) from Australia offers great value to go along with its balanced profile.

For an all-purpose white, a bottle of New World chardonnay or riesling would match nicely with the big bird and all its fixings. If you're up for drinking outside the box, the lean, green fruit and mellow acidity of the 2009 Soave Italia ($11.40 - $14.99) from Italy is one that will appeal to a broad range of palates.

Prices reflect the range across the country. Some products may not be available in all provinces.

Fall is the sign to start stewin'

This fall, when that mood strikes (or there's a crowd to feed), consider veering off the traditional recipe path and trying this somewhat unconventional, yet still classically comforting, fragrant coconut-lime beef stew.

Fresh ginger, ground coriander, cumin and turmeric season a rich, coconut milk-based sauce that gets zing from fresh lime juice and lime zest, plus a touch of heat from a pinch or two of cayenne pepper. Serve over a helping of steamed white or brown rice.

LARRY CROWE/THE ASSOCIATED PRESS

▶ A fragrant coconut-lime beef stew.

Fragrant Coconut-Lime Beef Stew

Preparation:

1. Heat oven to 160 C (325 F).
2. In a large Dutch oven over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and saute until it begins to colour, 7 to 8 minutes. Add garlic, ginger, coriander, cumin, turmeric and cayenne pepper. Cook until fragrant, about 1 minute longer. Transfer mixture to a large plate.
3. Return Dutch oven to burner. Increase heat to high and add another 7 ml (1 1/2 tsp) of the oil to the pot. When oil is hot, add a quarter of the beef and cook until well browned on all sides, about 3 minutes. Transfer to plate. Brown remaining beef in 3 more batches, adding oil as needed.
4. Return onion mixture and browned beef to pot. Stir in coconut milk, lime zest, lime juice, brown sugar, 2 ml (1/2 tsp) salt, bay leaves and baby carrots. Bring mixture to a simmer, cover, then place in the oven for 1 1/2 to 1 3/4 hours or until beef is tender. Alternatively, stew can be simmered over low heat on the burner.
5. Season with salt. Serve garnished with chopped peanuts, if desired. Makes eight servings.

THE ASSOCIATED PRESS

Ingredients :

- 45 ml (3 tbsp) canola oil, divided (approx)
- 1 medium yellow onion, chopped (about 250 ml/1 cup)
- 5 cloves garlic, minced
- 15 ml (1 tbsp) minced fresh ginger
- 7 ml (1 1/2 tsp) ground coriander
- 7 ml (1 1/2 tsp) cumin
- 2 ml (1/2 tsp) turmeric
- 0.5 ml (1/8 tsp) cayenne pepper, or more to taste
- 1.5 kg (3 lb) beef chuck, cut into 2.5-cm (1-inch) chunks
- 1 can (398 ml/14 oz) unsweetened coconut milk
- 5-cm (2-inch) strip lime zest
- 30 ml (2 tbsp) lime juice
- 15 ml (1 tbsp) brown sugar
- 2 ml (1/2 tsp) salt, plus more to taste
- 2 bay leaves
- 500 g (1 lb) baby carrots
- 125 ml (1/2 cup) chopped peanuts (optional)

ADVERTISING FEATURE

Ice cream you'll melt for

"We wanted to produce ice cream made with Canadian milk and cream, not a frozen dessert made primarily with vegetable oils." says Michael Lovsin.

He would know. The Senior Vice President of Loblaw Brands Ltd. remembers a product launch so successful that even he was overwhelmed by it—and Canadian cream helped make it possible.

The product in question is President's Choice® Ice Cream Shop Flavours ice cream: a selection of 14 nostalgic and traditional flavours, ranging from Vanilla and Mint Chocolate Chip to Sprinkle Party Cake. It was launched in May 2010, and promoted by four hot-pink ice cream trucks, touring Canada coast-to-coast, serving samples to eager kids and grown-ups alike. Featured prominently on each truck was the 100% Canadian Milk symbol – a guarantee that the ice cream inside was made with cream produced from 100% Canadian milk.

"Consumers can encounter an array of products," explains Michael. If a vegetable oil-based product is called a 'frozen dessert,' and it looks like ice cream, many assume it is ice cream. That's why our President's Choice® Ice Cream Shop, Loads Of, and Cream First ice creams are made with Canadian cream, and bear the 100% Canadian Milk symbol. Our customers know exactly what they're buying."

By July 2010, only two months after the launch of the President's Choice® Ice Cream Shop Flavours brand, production of its top flavours had to be doubled to keep up with the exploding demand. Clearly consumers loved our flavours.

"Life's about choices," says Michael. "As a retailer, we made one too. We chose to make our ice cream with quality ingredients, and made sure our customers knew it. They did the rest."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

100% CANADIAN MILK
Behind this symbol is a source of pride.
We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.
Look for this symbol on your dairy products.
asourceofpride.ca

ORGANICS

What do we mean by 'Organic'?

The word's all over stores these days. Meat, milk, cheese and yogurts advertise their organic ingredients; cereals too. 'Organic' shows up on signs above produce, some of it priced at a premium. But what's in a name? For a lot of people, organic just means healthy or safe. There's actually far more to it.

In Canada, no product can be labelled or advertised 'organic' unless it's composed of 95 per cent or more organic content. It must be produced in a manner consistent with the Canadian Organic Standards, and certified by a body accredited under the Canada Organic Regime. Products claiming to be 'organically grown,' 'organically raised,' or 'organically produced' must back up those claims. If the product has multiple ingredients, all organic contents must be identified as such on the packaging.

Organic foods are grown, processed, distributed, and sold according to strict standards, and with a particular philosophy in mind. For livestock, that means a life of humane treatment, free of antibiotics and synthetic hormones. Cloned animals are not considered organic. For crops, it means biological diversity within the farm; optimizing yield without resorting to toxic and persistent pesticides and fertilizers.

The production of organic foods should also maintain the environment, not strain it. Organic practices are expected to minimize soil degradation, decrease pollution, and maintain soil fertility long-term. Use of recycled materials and renewable energy sources should always be encouraged. Processing should be achieved without artificial ingredients, preservatives or irradiation. The handling, packaging, and shipping of the products should do nothing to compromise this.

A smart consumer is an informed consumer. Now that you know what goes into making the organic products in your local shops and markets, you'll be certain you're buying those best suited to your family's needs.

Organic food no longer just a specialty item

More and more Canadians are recognizing the benefits of organic food and making it part of their daily diets. When first introduced to the market, organic food was deemed a specialty item with little selection and limited availability. In response to the increasing consumer demand for organics, the industry has grown exponentially. A wide assortment of options, including packaged goods and snacks, are now available to consumers across the country.

Why 'go organic'?

- The absence of pesticides and other chemicals in the production of organic food means that more nourishing food ends up on the dinner table.
- Certified organic producers harvest crops in ways that are less impactful to the environment and surrounding ecosystem. Crops are rotated to enrich the soil, wildlife is encouraged by the inclusion of foliage crops and water resources are protected and reserved.

To make it easy and affordable for Canadians to include organic products in their daily diets, Shoppers Drug Mart and Pharmaprix recently introduced Nativa, a new exclusive line of organic products. Featuring more than 200 organic food items, including snacks, pasta, cereals, soups, coffee/ tea , jams and condiments, the line offers customers a large assortment of delicious and affordable certified organic products.

The line has resonated with Shoppers Drug Mart and Pharmaprix customers who love the convenience and affordability. "As a family, we're pretty health conscious and we love the Nativa brand of food and snacks," said Beverly Day, Shoppers Drug Mart customer.

Certification

While many products claim to be organic, before you make your purchase ensure the product has been certified organic by an authorized body. Choose well-respected brands, like Nativa Organics, which ensure adherence to strict guidelines, are third-party certified and come with a full money-back guarantee.

For more information about Canada's organic food industry, visit Agriculture and Agri-Food Canada at www.agr.gc.ca

Guilt-free snacking

Canadian families continue to embrace organic foods, making them a part of daily life. In addition to organic meal choices, consumers are increasingly choosing organic snacks. It may surprise some to hear that the snack category is one of the most successful categories of the Nativa Organics line at Shoppers Drug Mart – a testament to the fact that Canadians are increasingly looking for organic alternatives for snacking.

Like other organic food products, Nativa Organics snacks are made with ingredients grown without chemical fertilizers or harmful contaminants and do not contain any artificial ingredients or preservatives, making them a healthier snack option. Be sure to check labels to ensure the product has been certified organic by a credible third-party and enjoy your snack – guilt-free!

Be good to yourself. Be good to the earth.™

Discover a wholesome and delicious selection with Nativa® - our exclusive line of premium quality Certified Organic products that adhere to the most stringent of organic standards. From baby food to snacks, meal choices and beverages, Nativa offers healthier choices and great value - every day.

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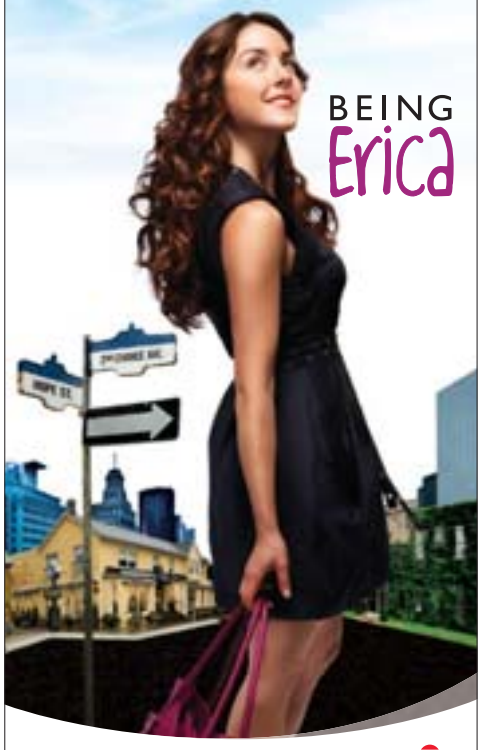
SHOPPERS DRUG MART

Catch a sneak peek of tonight's episode at cbc.ca/beingerica



Tonight at 9

CBC

cbc.ca/beingerica

TORONTO COUPLE FOUND LOVE ON THE HIKING TRAIL

How We Met: Wayne & Lynn

▶ Wayne and Lynn spent six months getting to know each other at a Toronto hiking club before they began dating.

Names: Wayne, 45, and Lynn, 40

Hometown: Toronto

Together since: February 2007

Their story:

"When I (Lynn) moved to Toronto from Vancouver, I was so anxious about not being able to hike and camp like I did in B.C. ...

"So, I joined a hiking club and that's where I first met Wayne.

"Many men take it as rejection when women say they just want to be friends first, but not Wayne! We were friends for about six months before we started dating.

"Since then, we've discovered so many beautiful outdoor spaces together, in Ontario and beyond. We recently went canoeing and camping in Temagami; the wilderness was amazing and we were the only people on the lake camping on a small island. It was there that Wayne proposed to me as the sun was rising. Our wedding will take place in 2011 in Taiwan, and then it's back to Toronto to continue our life journey together."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Message to gay teens: It Gets Better

Lisa DiFederico wasn't out in high school, but the other kids decided there was something different about her, and that they should bully her for it.

"I don't think high school is easy for anyone," DiFederico, 27, said in a YouTube video posted recently. "Put gay on top of that and you've got yourself a pretty difficult situation."

DiFederico was pushed in the halls and attacked online. But when she moved to Windsor for university, it got better.

For the first time in her life, DiFederico met someone who was openly gay — a woman who happened to be her housemate. When she came out to her friends and family shortly after that, she was met with "surprising support."

DiFederico says she didn't hesitate before contributing to sex columnist Dan Savage's It Gets Better project. Since its launch in response to the suicide of Billy Lucas, a 15-year-old from Indiana who was the victim of anti-gay bullying, the project has received a flood of contributions.

Savage, whose column Savage Love appears in Toronto's NOW magazine, and husband Terry began the project with a message for teenagers struggling with homophobia: High school will probably be the worst time of your life, but things will improve. "However bad it is now, it gets better," he says. "And it can get great, it can get awesome."

TORSTAR NEWS SERVICE

lack of support

Although Canada is known for being progressive when it comes to gay rights, teenagers here still face homophobia and a lack of support

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TaLK (Teach and Learn in Korea)

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2. Education

Applicants must be enrolled in a Bachelor's program and have completed at least two years of study or have obtained an Associate's degree in the aforementioned countries.
Recent college graduates and graduate students are also eligible.

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It's time to make a financial plan

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A financial plan is a blueprint for the money side of life.

It's financial planning week. Granted, not as exciting as Thanksgiving or Halloween, but bear with me. If I could reduce your stress, make you happier and more secure would you start to get a bit more interested?

There's one fairly easy step you can take to accomplish all of the above — make a financial plan. According to the Financial Planning Standards Council, which oversees the Certified Financial Planner or CFP designation, only one in five Canadians has a financial plan.

"And I need one because?" you ask. Well, those who have a comprehensive financial plan (read: know where they are and where they're going financially) are twice as likely to feel prepared to weather difficult economic times. And they're almost twice as likely to have peace of mind about their financial situation as those who have never done any money planning.

And peace of mind equals reduced stress. Right?

If I have you convinced, you might wonder about the what and where of financial planning. The process involves six elements; household budgeting, tax, retirement, estate planning (including life insurance), investing (as well as saving) and debt management. A CFP, or certified financial planner, can help you along the way and will have all the tools to put together a comprehensive plan.

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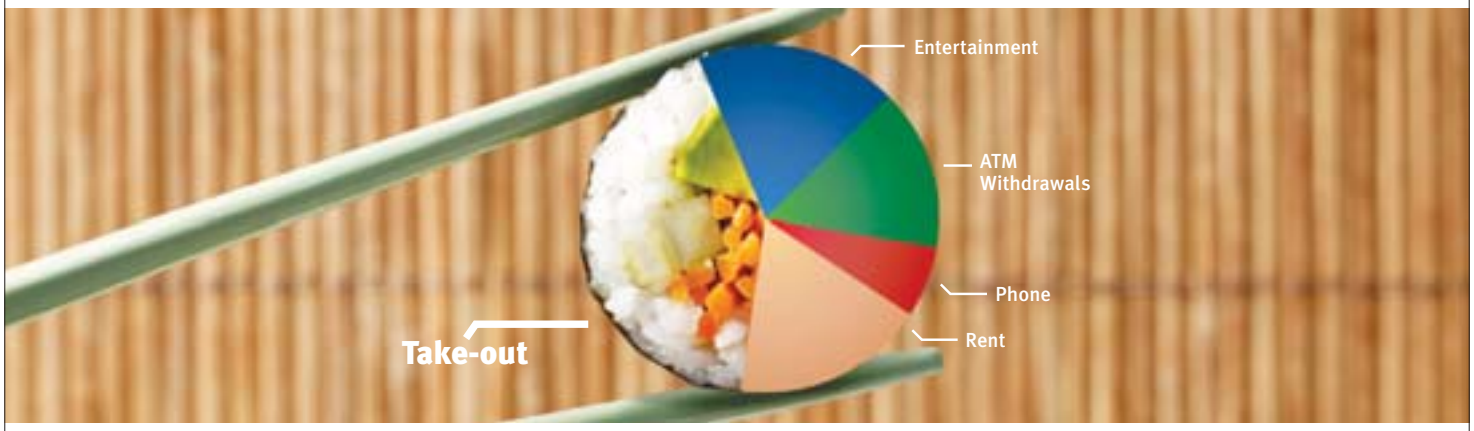

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4 sports

Pats lay beating on Dolphins

Chung blocks 2 kicks and returns interception for a TD

PATRIOTS	DOLPHINS
41	14

The New England Patriots rang up another big score, this time with little input from the offence.

Patrick Chung blocked two kicks and returned an interception for a touchdown yesterday as New England scored twice on special teams to beat the hapless Miami Dolphins 41-14.

Tom Brady threw for only 153 yards, and Randy Moss was held without a catch for the first time since 2006, but the NFL's highest-scoring team still registered its biggest point total yet.

The Patriots trailed 7-6 at halftime, but when Brandon Tate returned the second-half kickoff 103 yards for a score, the deluge was on. Chung blocked a punt to set up another touchdown, then blocked a field goal that Kyle Arrington returned 35 yards for a score.

Chung returned an interception 51 yards for New England's final score.

Another unexpected contribution came from linebacker Rob Ninkovich, who had the first two interceptions of his five-year career. Chung and Arrington scored their first career TDs, as did Patriots reserve fullback Danny Woodhead on an 11-yard reception.

New England (3-1) moved into a tie with the New York Jets for first place in the AFC East, while the Dolphins (2-2) dropped to third place with their second divisional loss at home in eight days.

The Patriots scored 17 points in a span of 2:16 bridging halftime to take command. They are averaging an NFL-best 33 points per game.

THE ASSOCIATED PRESS

LYNNE SLADKY/THE ASSOCIATED PRESS

▶ New England Patriots linebacker Rob Ninkovich, left, celebrates with teammate Tully Banta-Cain after Ninkovich intercepted a pass last night.

Sports in brief

1 reclaimed the Ryder Cup yesterday.

2 The New York Mets fired manager Jerry Manuel and relieved general manager Omar Minaya of his duties.

THE ASSOCIATED PRESS

ALL NEW EPISODE
RICK MERCER REPORT
This week Rick goes toe to toe with Canadian Boxing legend George Chuvalo.
cbc.ca/mercerreport
Tonight at 8/8:30NT
followed by 22 MINUTES
CBC

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.401	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

2010 POST SEASON

DIVISION SERIES

(Best-of-5)

(Note: Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)

(All times Eastern)

AMERICAN LEAGUE

TAMPA BAY (E) VS. TEXAS (W)

Tomorrow's game
Texas (Lee 12-9) at Tampa Bay (Price 19-6), 1:37 p.m.

Thursday's game
Texas (Wilson 15-8) at Tampa Bay (Garza 15-10), 2:37 p.m.

Saturday's game
Tampa Bay (Davis 12-10) at Texas (Lewis 12-13), 5:07 p.m.

Sunday's game
x-Tampa Bay (Shields 13-15) at Texas (Hunter 13-4), TBA

Tuesday, Oct. 12
x-Texas at Tampa Bay, TBA

MINNESOTA (C) VS. N.Y. YANKEES (WC)

Tomorrow's game
N.Y. Yankees (Sabathia 21-7) at Minnesota (Liriano 14-10), 8:37 p.m.

Thursday's game
N.Y. Yankees (Hughes 18-8 or Pettitte 11-3) at Minnesota (Pavano 17-11), 6:07 p.m.

Saturday's game
Minnesota (Duensing 10-3) at N.Y. Yankees (Pettitte 11-3 or Hughes 18-8), 8:37 p.m

Sunday's game
x-Minnesota (Blackburn 10-12) at N.Y. Yankees (Burnett 10-15), TBA

Tuesday, Oct. 12
x-N.Y. Yankees at Minnesota, TBA

NATIONAL LEAGUE

PHILADELPHIA (E) VS. CINCINNATI (C)

Tomorrow's game
Cincinnati (Volquez 4-3) at Philadelphia (Halladay 21-10), 5:07 p.m.

Friday's game
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-13), 6:07 p.m.

Sunday's game
Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7), TBA

Monday, Oct. 11
x-Philadelphia at Cincinnati, TBA

Wednesday, Oct. 13
x-Cincinnati at Philadelphia, TBA

SAN FRANCISCO (W) VS. ATLANTA (WC)

Thursday's game
Atlanta (Lowe 16-12) at San Francisco (Lincecum 16-10), 9:37 p.m.

Friday's game
Atlanta (Hanson 10-11) at San Francisco (Cain 13-11), 9:37 p.m.

Sunday's game
San Francisco (Sanchez 13-9) at Atlanta (Hudson 17-9), TBA

Monday, Oct. 11
x-San Francisco at Atlanta, TBA

Wednesday, Oct. 13
x-Atlanta at San Francisco, TBA

x - played only if necessary.

CALENDAR

Oct. 6 — Playoffs begin.

Oct. 27 — World Series begins, city of National League champion.

November — Free agent period to sign exclusively with former teams, first five days after World Series ends.

Nov. 16-17 — General managers' meetings, Orlando, Fla.

Nov. 17-18 — Owners' meetings, Orlando, Fla.

AMERICAN LEAGUE

Final For 2010 Season

	G	AB	R	H	Avg.
JHamilton Tex	133	518	95	186	.359
MiCabrera Det	150	548	111	180	.328
Mauer Minn	137	510	88	167	.327
ABeltre Bos	154	589	84	189	.321
Cano NYY	160	626	103	200	.319
Butler KC	158	595	77	189	.318
ISuzuki Sea	162	680	74	214	.315
Konerko ChiW	149	548	89	171	.312
Crawford TB	154	600	110	184	.307
VMartinez Bos	127	493	64	149	.302

RUNS - Teixeira, New York, 113; MiCabrera, Detroit, 111; Jeter, New York, 111; Crawford, Tampa Bay, 110; JBautista, Toronto, 109; Cano, New York, 103; AJackson, Detroit, 103.

RBI - MiCabrera, Detroit, 126; ARodriguez, New York, 125; JBautista, Toronto, 124; Guerrero, Texas, 115; DelmYoung, Minnesota, 112; Konerko, Chicago, 111; Cano, New York, 109.

HITS - ISuzuki, Seattle, 214; Cano, New York, 200; ABeltre, Boston, 189; Butler, Kansas City, 189; Markakis, Baltimore, 187; JHamilton, Texas, 186; MYoung, Texas, 186.

DOUBLES - ABeltre, Boston, 49; Longoria, Tampa Bay, 46; DelmYoung, Minnesota, 46; Butler, Kansas City, 45; MiCabrera, Detroit, 45; Markakis, Baltimore, 45; VWells, Toronto, 44.

TRIPLES - Crawford, Tampa Bay, 13; AJackson, Detroit, 10; Span, Minnesota, 10; Pennington, Oakland, 8; Gardner, New York, 7; Granderson, New York, 7; Maier, Kansas City, 6; Podsednik, Kansas City, 6.

HOME RUNS - JBautista, Toronto, 54; Konerko, Chicago, 39; MiCabrera, Detroit, 38; Teixeira, New York, 33; JHamilton, Texas, 32; DOrtiz, Boston, 32; VWells, Toronto, 31.

STOLEN BASES - Pierre, Chicago, 68; RDavis, Oakland, 50; Crawford, Tampa Bay, 47; Gardner, New York, 47; Figgins, Seattle, 42; ISuzuki, Seattle, 42; BUpton, Tampa Bay, 42.

PITCHING - Sabathia, New York, 21-7; Price, Tampa Bay, 19-6; Lester, Boston, 19-9; PHughes, New York, 18-8; Cahill, Oakland, 18-9; Verlander, Detroit, 18-9; CBuchholz, Boston, 17-7; ESantana, Los Angeles, 17-10; Pavano, Minnesota, 17-11.

STRIKEOUTS - JerWeaver, Los Angeles, 233; FHernandez, Seattle, 232; Lester, Boston, 225; Verlander, Detroit, 219; Liriano, Minnesota, 201; Sabathia, New York, 197; CLewis, Texas, 196.

SAVES - RSoriano, Tampa Bay, 45; Soria, Kansas City, 43; NFeliz, Texas, 40; Gregg, Toronto, 37; Papelbon, Boston, 37; MaRivera, New York, 33; Aardsma, Seattle, 31.

NATIONAL LEAGUE

Final For 2010 Season

	G	AB	R	H	Pct.
CGonzalez Col	145	587	111	197	.336
Votto Cin	150	547	106	177	.324
OInfante Atl	134	471	65	151	.321
Tulowitzki Col	122	470	89	148	.315
Holliday StL	158	596	95	186	.312
Pujols StL	159	587	115	183	.312
Prado Atl	140	599	100	184	.307
Zimmerman Wash	142	525	85	161	.307
Braun Mil	157	619	101	188	.304
HRamirez Fla	142	543	92	163	.300

RUNS - Pujols, St. Louis, 115; Weeks, Milwaukee, 112; CGonzalez, Colorado, 111; Votto, Cincinnati, 106; Werth, Philadelphia, 106; Braun, Milwaukee, 101; AHuff, San Francisco, 100; BPhillips, Cincinnati, 100; Prado, Atlanta, 100; Uggla, Florida, 100.

RBI - Pujols, St. Louis, 118; CGonzalez, Colorado, 117; Votto, Cincinnati, 113; Howard, Philadelphia, 108; Uggla, Florida, 105; McGehee, Milwaukee, 104; Braun, Milwaukee, 103; ADunn, Washington, 103; Holliday, St. Louis, 103; DWright, New York, 103.

HITS - CGonzalez, Colorado, 197; Braun, Milwaukee, 188; Holliday, St. Louis, 186; Prado, Atlanta, 184; Pujols, St. Louis, 183; Votto, Cincinnati, 177; AdGonzalez, San Diego, 176.

DOUBLES - Werth, Philadelphia, 46; Braun, Milwaukee, 45; Holliday, St. Louis, 45; ATorres, San Francisco, 43; Loney, Los Angeles, 41; Prado, Atlanta, 40; ASoriano, Chicago, 40.

TRIPLES - Fowler, Colorado, 14; SDrew, Arizona, 12; AEscobar, Milwaukee, 10; JosReyes, New York, 10; Victorino, Philadelphia, 10; CGonzalez, Colorado, 9; ATorres, San Francisco, 8.

HOME RUNS - Pujols, St. Louis, 42; ADunn, Washington, 38; Votto, Cincinnati, 37; CGonzalez, Colorado, 34; Uggla, Florida, 33; Fielder, Milwaukee, 32; MarReynolds, Arizona, 32.

STOLEN BASES - Bourn, Houston, 52; Pagan, New York, 37; Morgan, Washington, 34; Victorino, Philadelphia, 34; AMCutchen, Pittsburgh, 33; HRamirez, Florida, 32; JosReyes, New York, 30; Stubbs, Cincinnati, 30.

PITCHING - Halladay, Philadelphia, 21-10; Wainwright, St. Louis, 20-11; Jimenez, Colorado, 19-8; THudson, Atlanta, 17-9; Arroyo, Cincinnati, 17-10; CCarpenter, St. Louis, 16-9; Lincecum, San Francisco, 16-10; DLowe, Atlanta, 16-12.

STRIKEOUTS - Lincecum, San Francisco, 231; Halladay, Philadelphia, 219; Jimenez, Colorado, 214; Wainwright, St. Louis, 213; Kershaw, Los Angeles, 212; Hamels, Philadelphia, 211; Dempster, Chicago, 208.

SAVES - BrWilson, San Francisco, 48; HBell, San Diego, 47; FCordero, Cincinnati, 40; Marmol, Chicago, 38; Wagner, Atlanta, 37; LNunez, Florida, 30; Franklin, St. Louis, 27; Lidge, Philadelphia, 27.

NHL

PRE-SEASON

Yesterday's results

At Tampere, Finland
Minnesota 5 Ilves Tampere (Finland) 1

At St. Petersburg, Russia
SKA St. Petersburg (Russia) 5 Carolina 3

Today's games
Columbus at Malmo/Rogle BK (Sweden), 1 p.m.
Boston at HC Liberec (Czech Republic), 1 p.m.

Tomorrow's game
Phoenix at Dinamo Riga (Latvia), Noon

End NHL Pre-season Schedule

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	27	14	8	5	35	27	47
Columbus	27	13	7	7	35	29	46
Kansas City	26	9	11	6	29	31	33
Toronto FC	27	8	12	7	28	34	31
Chicago	26	7	11	8	31	35	29
Philadelphia	27	7	13	7	32	44	28
New England	27	7	15	5	29	47	26
D.C. United	27	6	18	3	19	42	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	27	16	6	5	40	22	53
x-Real Salt Lake	27	14	4	9	41	18	51
x-FC Dallas	27	12	2	13	39	22	49
Seattle	27	12	9	6	34	31	42
Colorado	27	11	8	8	37	27	41
San Jose	26	11	8	7	28	28	40
Houston	27	7	14	6	36	46	27
Chivas USA	26	7	15	4	26	36	25

x — clinched playoff berth.

Thursday's game
(All times Eastern)
Los Angeles at Philadelphia, 8 p.m.

Friday's game
Columbus at Chicago, 9 p.m.

Saturday's games
Real Salt Lake at New York, 4:30 p.m.
Colorado at FC Dallas, 6 p.m.
San Jose at D.C. United, 7:30 p.m.
Seattle at Kansas City, 8:30 p.m.
Toronto FC at Chivas USA, 10:30 p.m.

Sunday's game
New England at Houston, 8:30 p.m.

GOLF

RYDER CUP

At Newport, Wales
Par 71

EUROPE 14 ½, U.S. 13 ½

Singles
U.S. 7, Europe 5

Steve Stricker, U.S., def. Lee Westwood, Europe, 2 and 1.

Stewart Cink, U.S., halved with Rory McIlroy, Europe.

Luke Donald, Europe, def. Jim Furyk, U.S., 1-up.

Dustin Johnson, U.S., def. Martin Kaymer, Europe, 6 and 4.

Ian Poulter, Europe, def. Matt Kuchar, U.S., 5 and 4.

Jeff Overton, U.S., def. Ross Fisher, Europe, 3 and 2.

Miguel Angel Jimenez, Europe, def. Bubba Watson, U.S., 4 and 3.

Tiger Woods, U.S., def. Francesco Molinari, Europe, 4 and 3.

Rickie Fowler, U.S., halved with Edoardo Molinari, Europe.

Phil Mickelson, U.S., def. Peter Hanson, Europe, 4 and 2.

Zach Johnson, U.S., def. Padraig Harrington, Europe, 3 and 2.

Graeme McDowell, Europe, def. Hunter Mahan, U.S., 3 and 1.

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	4	0	.000	61	125

SOUTH	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68

NORTH	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	61	55
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	2	0	.500	79	78
Cleveland	1	3	0	.250	68	77

WEST	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85
Oakland	1	3	0	.250	76	107

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53

SOUTH	W	L	T	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87

NORTH	W	L	T	Pct	PF	PA
Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnesota	1	2	0	.333	43	38
Detroit	0	4	0	.000	82	106

WEST	W	L	T	Pct	PF	PA
Arizona	2	2	0	.500	58	118
St. Louis	2	2	0	.500	77	52
Seattle	2	2	0	.500	75	77
San Francisco	0	4	0	.000	52	103

Byes: Dallas, Kansas City, Minnesota, Tampa Bay

Last night's result
New England 41 Miami 14

Sunday's results
Atlanta 16 San Francisco 14
Baltimore 17 Pittsburgh 14
Cleveland 23 Cincinnati 20
Denver 26 Tennessee 20
Green Bay 28 Detroit 26
Houston 31 Oakland 24
Jacksonville 31 Indianapolis 28
New Orleans 16 Carolina 14
N.Y. Giants 17 Chicago 3
N.Y. Jets 38 Buffalo 14
San Diego 41 Arizona 10
St. Louis 20 Seattle 3
Washington 17 Philadelphia 12

CFL

WEEK 15

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	13	9	4	0	409	336	18
Hamilton	13	6	7	0	330	355	12
Toronto	13	6	7	0	259	344	12
Winnipeg	13	3	10	0	345	349	6

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-Calgary	13	10	3	0	452	295	20
x-Saskatchewan	13	9	4	0	380	345	18
B.C.	13	5	8	0	324	319	10
Edmonton	13	4	9	0	261	413	8

x — clinched playoff berth.

Friday's game
(All times Eastern)
Edmonton at Hamilton, 7:30 p.m.

Saturday's game
Toronto at Saskatchewan, 5 p.m.

Monday, Oct. 11
Calgary at Montreal, 1 p.m.
B.C. at Winnipeg, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS — Promoted Mike Chernoff to assistant general manager, John Mirabelli to vice president of scouting operations, Ross Atkins to vice president of player development and Andrew Miller to assistant to the president.

DETROIT TIGERS — Extended their working agreement with Erie (EL) two years through the 2012 season.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Promoted interim manager Kirk Gibson to manager. Reassigned interim general manager Jerry Dipoto to vice president of scouting and player development.

CHICAGO CUBS — Promoted Sam Coghill to managing director of corporate partnerships. Named Michael Kirschner director of corporate sponsorships.

CINCINNATI REDS — Agreed to terms with manager Dusty Baker on a two-year contract extension through the 2012 season.

HOUSTON ASTROS — Exercised their 2011 contract option on OF Jason Michaels. Declined the 2011 contract option on INF Geoff Blum.

MILWAUKEE BREWERS — Declined their 2011 contract option on manager Ken Macha.

NEW YORK METS — Fired executive vice president of baseball operations and general manager Omar Minaya. Declined their 2011 contract option on manager Jerry Manuel.

PITTSBURGH PIRATES — Fired manager John Russell.

BASKETBALL

NBA

CHICAGO BULLS — Agreed to terms with C Joakim Noah on a multi-year contract extension.

FOOTBALL

NFL

LEAGUE OFFICE — Suspended Seattle LB Leroy Hill one game and fined him an additional game check for violating the NFL Personal Conduct Policy. Fined Tennessee defensive coordinator Chuck Cecil $40,000 for an obscene gesture at game officials during Sunday's game against Denver. Suspended San Diego S Steve Gregory four games for violating the league's policy on performance-enhancing substances.

NEW YORK JETS — Waived WR David Clowney and WR Patrick Turner. Re-signed DT Howard Green.

HOCKEY

NHL

LEAGUE OFFICE — Suspended Montreal F Michael Cammalleri one game for a hard slash to the ankle of N.Y. Islanders LW Nino Niederreiter during Saturday's game.

ANAHEIM DUCKS — Assigned LW Josh Green and C Maxime Macenauer to Syracuse (AHL).

ATLANTA THRASHERS — Released F Fredrik Pettersson, F Patrick Rissmiller, D Arturs Kulda and D Andrey Zubarev.

CHICAGO BLACKHAWKS — Assigned F Jeremy Morin to Rockford (AHL).

COLUMBUS BLUE JACKETS — Assigned F Ben Guite and F Tom Sestito to Springfield (AHL).

DETROIT RED WINGS — Assigned RW Jan Mursak to Grand Rapids (AHL).

NEW JERSEY DEVILS — Assigned G Mike McKenna, D Matt Corrente, C Jacob Josefson and RW Mattias Tedenby to Albany (AHL). Waived D Rob Davison.

NEW YORK RANGERS — Agreed to terms with F Ruslan Fedotenko.

ST. LOUIS BLUES — Assigned F T.J. Hensick, F Ryan Reaves, F David Spina, D Dean Arsene and D Nathan Oystrick Peoria (AHL).

WASHINGTON CAPITALS — Signed G Philipp Grubauer to a three-year contract.

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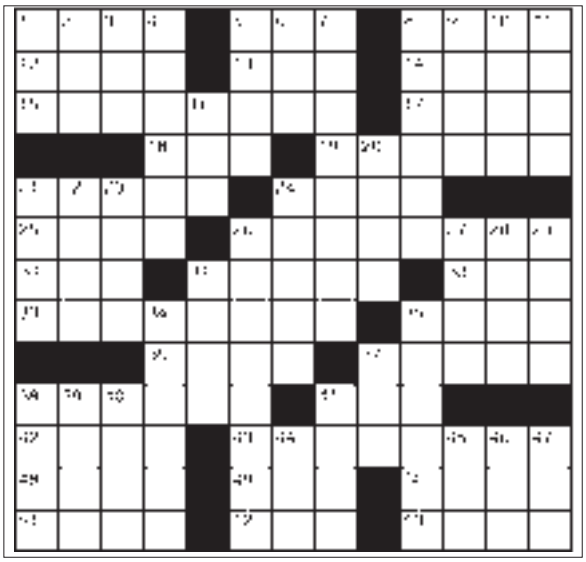
Crossword



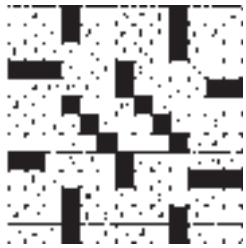
Across

1 Galley supply
5 Affirmative reply
8 Pack cargo
12 Scram
13 "— Blue?"
14 Robust
15 Fin
17 Vicinity
18 Family member
19 Lethargy
21 Discard
24 Select
25 Talon
26 Significant detail
30 Chic no more
31 Legends
32 Before
33 Chink in the armor
35 Stare
36 Fender bender
37 Bad lighting?
38 Old brand of TV sets and radios
41 Literary collection
42 Vega's constellation
43 Sentimental weakness
48 Fairy-tale preposition
49 Basketball coaching legend Hank
50 Pontiff
51 Amateur-night ringer
52 Round Table address
53 Location

Down

1 Vacationing
2 "The Greatest"
3 Gun the engine
4 Teeter-totter
5 Shrill barks
6 Comedian Philips
7 Be patient
8 Hammerheads et al.
9 Rainout cover-up
10 Margarine
11 Have on
16 Taste the tea
20 Publisher Adolph
21 Garbage barge
22 Hint
23 — -tat-tat
24 French physicist with a tube named for him
26 Trance-like state
27 Pod occupants
28 Ricelike pasta
29 Adolescent
31 Fraction of a min.
34 "Constant Craving" singer
35 Clutches
37 Pismire
38 Advertise
39 Injection, for short
40 Pressing need?
41 Distant
44 Sapporo sash
45 Luau bowlful
46 Choose
47 Fairway entrance

▶ Yesterday's answer



Sudoku

1	5		7					
		7		6		5		
			2					8
	1				7		6	
4			3		8			5
	2		5				3	
7					3			
		8		9		3		
					4		1	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	6	3	5	1	4	2	8	7
8	4	7	2	9	3	6	1	5
5	1	2	8	7	6	4	3	9
2	5	4	9	6	8	1	7	3
6	3	8	7	5	1	9	2	4
7	9	1	3	4	2	5	6	8
1	8	6	4	3	9	7	5	2
4	2	5	1	8	7	3	9	6
3	7	9	6	2	5	8	4	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ava, It's hard to believe a year has gone by so fast since you entered our lives. Happy 1st birthday baby girl, we love you so much.
LOVE MOMMY, DADDY & MAYA

Alina datsko; My world, my reason, my life. I love you so very much. When I look into your eyes, I see a future for us. I deserve a kiss for this. Happy birthday and happy 15 months!!
JRR TJR DEUCES, JULIAN RAHAMAN

Kerrie, When I first saw your abnormally white hair (sorry babe) I knew it was love at first sight! I love you more than you could imagine.
FOREVER YOURS, DEAN.

Dear Janet! :) This was by far the best way to wish you a happy 10 months and sorry for not texting it to you, but I thought it'd be better if I published it for the world to see! And it's beside the horoscope, so no page flipping for you! Anywho iloveyou and enjoyed being with you for these 10 months! :)
CHEERS -TARUN :)

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Make things happen. Command respect from those you live and work with. The one thing you must not do, however, is make unreasonable demands.

♉ Taurus April 21-May 21 You will be confronted by a major challenge of some kind today, the kind that most people would give up on without even trying. But you're not most people so roll up your sleeves and get stuck in.

♊ Gemini May 22-June 21 You are not in the mood to play games and with Mercury, your ruler, aspecting planet Pluto anyone who annoys you will very soon regret it. Your tongue can be a dangerous weapon.

♋ Cancer June 22-July 22 Stand your ground today and refuse to be intimidated by people who talk tough but don't have much back up their talk. You're more courageous than they are.

♌ Leo July 23-Aug.23 Be assertive today but don't come on so strong that you turn people against you. What you always need to keep in mind is that others have feelings, too. Treat them with respect.

♍ Virgo Aug. 24- Sept. 22 With Mercury, your ruler, squaring up to Pluto today you won't hesitate to use a little muscle to get what you need. Sometimes it's not enough to ask for what you want, sometimes you have to turn the screw.

♎ Libra Sept. 23-Oct. 23 With the Sun, Mercury and Saturn moving through your sign, this should be a time of success. But because Mercury is at right angles to Pluto today you must make sure you stay within the rules or you'll be punished!

♏ Scorpio Oct. 24-Nov. 22 Has someone got it in for you? Do they intend to do you harm? It's possible, but more likely it's just your mind playing tricks on you.Be rational, not emotional.

♐ Sagittarius Nov. 23-Dec. 21 It's easy to get impatient with people who don't think or act as fast as you. But you can't change the way others behave, but you can change your attitude. Try it.

♑ Capricorn Dec. 22-Jan. 20 Nothing stays the same and today's Mercury-Pluto link will make it plain to you that the changes now taking place are unstoppable. Don't fear them or fight them, flow with them.

♒ Aquarius Jan. 21-Feb. 18 There are times when you take life too seriously and this is one of them. You did something wrong? So what? Each day is a new beginning, so start over.

♓ Pisces Feb. 19-March 20 You'll have to make a tough decision today, the kind you would give anything to avoid. Like it or not, the responsibility has fallen on your shoulders, so make it and move on quickly. SALLY BROMPTON

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

MEXICO

Puerto Vallarta/Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive
Standard rm.
Nov. 6 – Dec. 11 • 1 wk.
$829
+Taxes & other fees (including service charges): $276

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1979
+Taxes & other fees (including service charges): $284

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Dec. 25 • 1 wk.
$1849
+Taxes & other fees (including service charges): $284

MEXICO

Ixtapa/Zihuatanejo

Hotel Emporio Ixtapa • 3 1/2★
Standard mountain view rm.
Jan. 1 • 1 wk.
$929
+Taxes & other fees (including service charges): $276

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1679
+Taxes & other fees (including service charges): $280

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Dec. 31 • 1 wk.
$1679
+Taxes & other fees (including service charges): $280

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Jan. 7, 14 & 21 • 1 wk.
$1239
+Taxes & other fees (including service charges): $222

Allegro Varadero • 3★
All-Inclusive
Superior rm.
Dec. 24 • 1 wk.
$1479
+Taxes & other fees (including service charges): $222

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 31 • 1 wk.
PRIVILEGES
$1729
+Taxes & other fees (including service charges): $280

USA

HAWAII | Honolulu

Miramar at Waikiki • 3★
Malama rate - Superior rm.
Nov. 15 & 17 • 1 wk.
$749
+Taxes & other fees (including service charges): $141

CRUISE

Princess Cruise Line[1]

Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. KK
Dec. 12 • 1 wk.
$1099
+Taxes & other fees (including service charges): $412

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HARRAH'S ENTERTAINMENT

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+Taxes & other fees (including service charges): $139

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+Taxes & other fees (including service charges): $139

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